

### London Marathon

*Sunday 3 October*

The London Marathon returned to the streets of London after an absence of 2 1/2 years and Ilford AC had 8 runners among the 38500 finishers and a small army of volunteers handing out Lucozade at Mile 9..

Sam Rahman had a steady controlled run after having some foot problems in his build up, reaching half way in 1 hour 29 minutes 57 seconds and finishing the 26 miles in 3 hours 3 minutes and 53 seconds.

Gaye young was the next Ilford runner home on her debut over the classic distance in 3 hrs 56mins 20 secs, which gave her the 'Good for Age' qualification for the F50 grouping for next year's race.

Also reaching this qualification mark was Julia Galea with 4hrs 36 mins 07 secs in the F65 category.

Alan Pearl had a steady run for 4:01:48 with Tony Young not far behind on 4:11:12 for a new PB over the distance.

Ray 'Sparra' Everingham was very pleased with his time of 4:56:34 which was a 34 minute improvement on his previous run over the distance for last years 'virtual' London Marathon.

Lovedip Dhaliwal 5.38.55 and Mandeep Bassi 5.42.56 both enjoyed their debut runs at the London Marathon to complete the Ilford AC lineup.











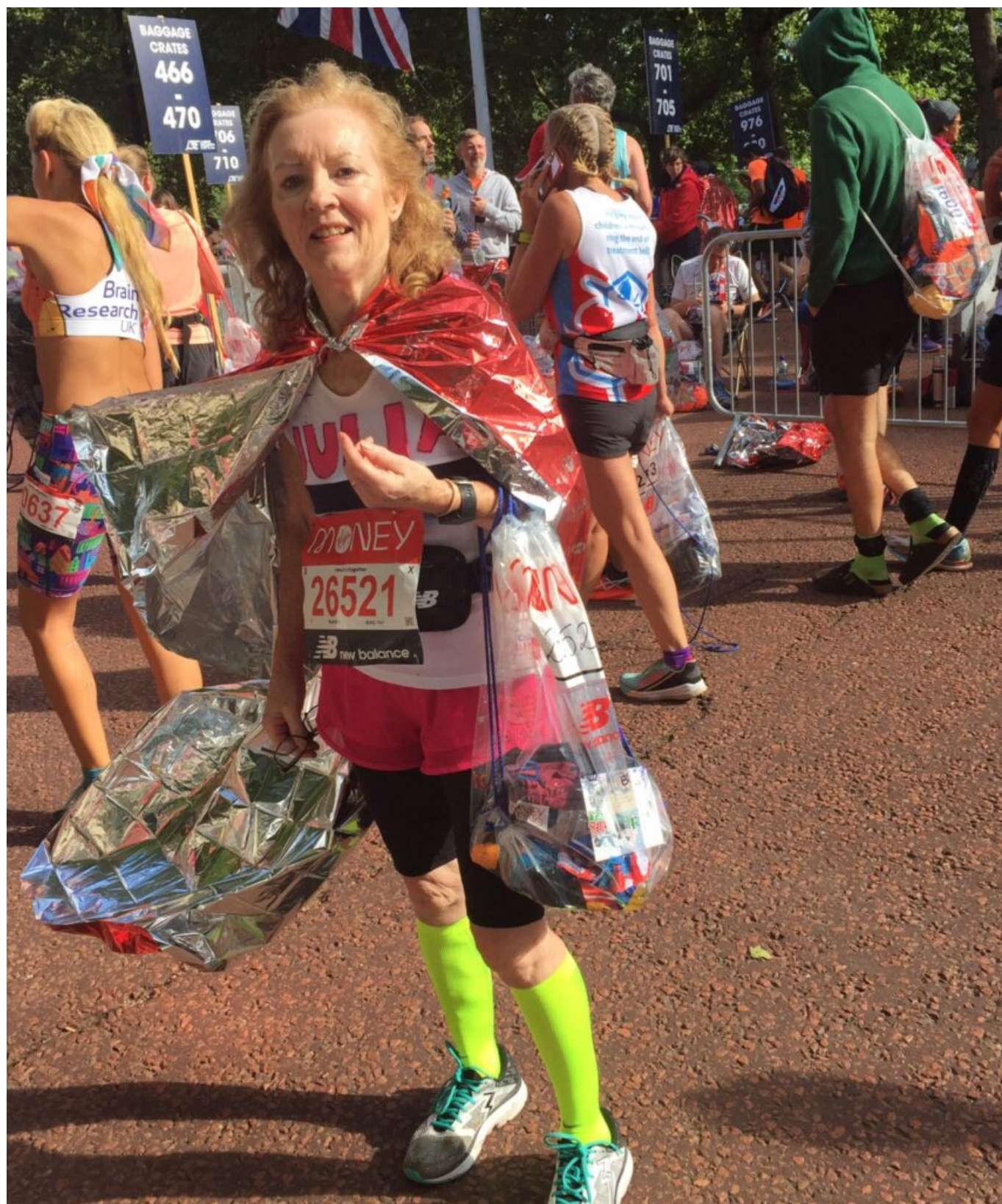






















### Essex County Relays

Saturday 2 October

Weald Country Park

With races coming thick and fast and the London Marathon the following day, Ilford AC were still able to field 2 Senior men's and 3 Senior Ladies teams at Weald Country Park.

Constant heavy rain on the day, added to a hilly muddy course contributed to what many described as a traditional cross country race after an unseasonably warm and dry start to the cross country season in recent weeks.

Although finishing outside the medal positions all Ilford AC runners did themselves proud in this prestigious County cross country event with all 5 teams finishing in the Top 20 of their respective categories.

Teams of 3 ladies were Jordan Hinds, Carlie Qirem, Anna Crawley, Breege Nordin, Alison Sale, Sharon Honey, Frieda Keane, Pramila Monro and Diane Crisp. The 2 men's teams of 4 were John Crawley, Rhys Edwards, Dylan Harrod, Seb Parris, Dennis Briggs, Adam Coals, Steve Crane and Neil Crisp.



### Chingford League

Saturday 2 October

Central Park, Dagenham

The second fixture of the winter's Chingford League was held over a 5 mile course in Central Park Dagenham





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of grass and on trails in the adjoining EastbrookEnd Country Park.

Ilford Ac again fielded a depleted squad due to fixture clashes in a busy autumn schedule.

There was an excellent run from Gary Coombes as he stormed home in 3rd spot in 28 mins 33 secs. Ed Skinner came home 127th in 43m 00s, Rob Sargent 144th in 45m 06s and Trevor Robinson with 47m 26s in 158th.

### **Chelmsford Half Marathon**

Sunday 3rd October

Despite being on the same day as the London Marathon, the Chelmsford Half Marathon still managed to attract over 1,000 runners.

The race was part of the Essex road running championships and was held in Central Park Chelmsford.

Competing against a strong field Danny Holeyman ran a PB to finish in 1:22:12 which placed him 10th on the day and 3rd V40.